

THE HIGHLANDS HAPPENINGS

The Highlands at Wyomissing® Weekly Newspaper ● Wyomissing, PA ● August 19, 2022

REAL BODIES - READING MUSEUM EXHIBIT

Join everyone on Monday, September 12 at 11:00 a.m. for a guided tour of this powerful exhibition that explores life by displaying real, perfectly preserved human bodies and more than 200 anatomical specimens. More than a simple display of human specimens, REAL BODIES will connect audiences to a deeper sense of what it means to be alive. Founded on anatomical, cultural, and emotional narratives, the exhibition transforms the way we view the mysterious organism we all share - the human body - and reminds us of all the complexity and magic within us that we often take for granted. REAL BODIES digs deeper into the beauty of the body, mind, and soul than any other exhibition of its kind, and invites you to explore the entire human experience from the first breath to the last. **Note:** Register at the Concierge Desk. Transportation is available at a \$6.00 transportation fee. Admission to the museum is \$5.00 or free if you are a member. Transportation will leave The Highlands at 10:30 a.m.



Be on the lookout for future details about an October trip to see the Da Vinci exhibit

SENTRICS UPDATE AND SERVICE NEEDS

The installation of Sentric and any related technology is 95% complete for those residing in the apartments, the Barn, and Inverness Court. The Highlands and Sentric continues to work toward resolution of the individual remaining outstanding issues. Should you experience issues with telephone, internet, or television service, please call Sentric Customer Service at 1-866-968-6225 or *123 from your Sentric landline phone. Residents are reminded to ask for and write down the Sentric representative's name and the service ticket number before completing your call.

PHYSICIAN SERVICES RETURN TO THE CLINIC

We are pleased to announce that Residential Living residents will once again have access to a physician on campus. Joseph Irwin, M.D., FAAFP, will see residents by appointment in the physician's clinic each Tuesday from 8:00 a.m. to 12:00 p.m. Residents will be able to receive after hospitalization follow-up appointments, annual wellness exams, sick visits, and chronic disease follow-up appointments (i.e., blood pressure, diabetes, glucose) all from the convenience of The Highlands campus. Appointments can be scheduled by calling Dr. Irwin's office at 717-738-2468 and asking for an appointment to be scheduled at The Highlands' clinic.

SENIOR FIT TEST – SUMMER SESSION

Are you familiar with the phrase “use it or lose it”? While not 100% true, it expresses the basic functionality of how the human body works i.e., the more you repeat a task, the better your body gets at completing the task. As we age, our bodies must fight the aging curve which, believe it or not, begins in our late 20s. There is a way to fight the aging curve to maintain a healthy, functional lifestyle and that is through physical activity. On Monday, August 29 and Tuesday, August 30, residents will have the opportunity to do just that. The assessment is comprised of 6 tests and will only take 15-20 minutes to complete. This test will establish a baseline, if this is your first time, or compare these results to the previous test held in January 2022. Register at the Concierge Desk today.

IN-HOUSE TV CHANNELS

Sentric has provided The Highlands with two (2) in-house channels. Our informational in-house channel, Channel 2 on your TVs, is operational. Our movie in-house channel, Channel 4 on your TVs, will be utilized in starting in late August. This channel will broadcast multiple movies. Look to future editions of the Highlands Happenings for more details.

MONDAY MORNING QUARTERBACK

A new program will be starting this fall to coincide with College and Professional football. All residents who are football fans are welcome. Resident _____ was the high school coach of Frank Reich, head coach of the NFL Indianapolis Colts. Before that, Frank was the Offensive Coordinator of the Super Bowl winning Philadelphia Eagles. _____ will have a Coaching Tip each Monday to give us an inside look at the game of football. An introductory meeting will be on Monday, August 29, at 10:00 in the Iris Room. A signup sheet to gauge interest is at the Concierge Desk. Questions can be directed to _____

OPEN BRIDGE TEMPORARY ROOM SWITCH

Open Bridge has been moved to the Parlor on Thursday, August 25th to support the Balance Clinic's need for the Berkshire Room

ELDER ALERTS

Residents are reminded that they are responsible for updating their Elder Alerts which can be found attached to the inside of their cabinet door under their kitchen sink. If a new document is needed, blank copies are available at the Concierge. If any changes are made to your document, please visit the Concierge so a copy can be made for The Highland's records.

WINTERTHUR DAY TRIP

The Highlands will be taking a trip to Winterthur to explore the Jacqueline Kennedy exhibit on Tuesday, October 4. Refer to the flyer in Mailroom for full details.

CALLING ALL RESIDENT VOLUNTEERS

Do you enjoy attending the nighttime programs in the Cultural Center? There are other residents on campus who would also enjoy the programs. The Programming Department is looking for resident volunteers to help guide residents from Traditional Personal Care to the Cultural Center and back. Residents would meet the other residents in the Traditional Personal Care Dining Room at 6:45 p.m. and escort them back following the program. If interested, contact Jared Martz, RL Programming Manager, at 484-220-8265 or martzj@thehighlands.org

PROGRAMMING SCHEDULE ENHANCEMENT

The Highlands at Wyomissing® takes pride in the quality and quantity of wellness programming opportunities offered to residents. The Programming Department has been receiving consistent feedback over the past couple of months regarding highly demanded programs having conflicting schedules. In response to that feedback, a new programming schedule has been developed and will go into effect Sunday, September 4th. Refer to extra copies of the communication letter in the Mailroom for full details. Questions can be directed to Jared Martz, RL Programming Manager, at 484-220-8265 or martzj@thehighlands.org

THE HIGHLANDS LIVING TREE PROGRAM

A tree planted in someone's memory is a living tribute that benefits present and future generations and is perhaps the most fitting memorial gift of all. Since 2012, The Highlands at Wyomissing® Grounds/Maintenance Committee has been working to replace lost or removed trees as part of the “Living Trees Project” to enhance the aesthetics of our campus and keep it beautiful for future generations. The Living Trees Project provides a unique opportunity for residents to have a tree planted on The Highlands' campus in honor or memory of an individual or event. To date, there have been more than 30 trees planted on campus in honor or memory of friends and family. Plans are now underway for a planting in Fall 2022. If you have a friend or family member that you would like to honor, please consider planting a tree through the Living Trees project. Newly designed and updated brochures are located next to the “Highlands Living Trees” book outside the Library. The cost of a tree is \$500. If you would like more information or have questions, please contact Cameron Martin, Vice President of Development and Marketing, at martinc@thehighlands.org, or at 484-220-8508.

PICTORIAL DIRECTORIES ARE READY FOR PICKUP

To obtain your copy of the directory, call residents _____

FALL SHUFFLEBOARD LEAGUE

The Fall 2022 Shuffleboard League will begin on Monday, September 5th. Residents interested in participating in the league should submit their name, partner name, and availability to resident _____ by Monday, August 29. An availability sheet is located on the back of the distributed flyer, extra copies are located in the Mailroom. Games are scheduled to begin Monday, September 5 and will conclude by October.

RECREATIONAL SPORTS

The Highlands is home to a variety of recreational sports including Bean Bag Baseball, Cornhole, Shuffleboard and Bocce. Residents who are interested in learning more about the programs or desire to volunteer helping with the programs can contact _____

PHILLIES GAMES

There will be several Phillies Game shown in Cultural Center Side B this week. Refer to the “Week At A Glance” section for dates and times of those games.

WEEKEND MOVIE: OUTRAGEOUS FORTUNE (1987)

The upcoming feature film is *Outrageous Fortune*, produced in 1987. Two women unknowingly share the same man, but when he disappears, both go out looking for him and enter his surprisingly dangerous life. Cast includes Shelly Long Bette Midler, Peter Coyote, and Robert Prosky. Run Time: 110 minutes.

HAL AARON PERFORMANCE

Hal performs a wide variety of songs and styles on acoustic and electric guitars, both as a solo performer or one-man-band. He's personable, talented, appealing to all ages and can provide a great show in any environment. He will be performing an Island themed playlist but will also take requests on Monday, August 22 at 4:00 p.m. in the Main Lounge.

TECH TOPIC – ONLINE GROCERY SHOPPING

This specific session will cover online grocery shopping. We will be using Giant & Weiss as examples throughout the class. Residents should bring their smart devices to class to help facilitate the step-by-step tutorials. Stop by the Berkshire Room on Tuesday, August 23 at 10:00 a.m.

CLASSIC MOVIE – KEY LARGO (1948)

Frank McCloud (Humphrey Bogart) travels to a run-down hotel on Key Largo to honor the memory of a friend who died bravely in his unit during WW II. His friend's widow, Nora Temple (Lauren Bacall), and wheelchair bound father, James Temple (Lionel Barrymore) manage the hotel and receive him warmly, but the three of them soon find themselves virtual prisoners when the hotel is taken over by a mob of gangsters led by Johnny Rocco (Edward Robinson) who hole up there to await the passing of a hurricane. Come to the Cultural Center on Tuesday, August 23 at 7:00 p.m. to watch this classic film.

TED TALK DISCUSSION

This week’s TED talk discussion will focus on if you have a Facebook, Instagram, or WhatsApp than you're at risk of falling victim to a cyber-attack. Over 80% of all security incidents involve the human factor, we're all exposed to cyber threats: viruses, ransomware, sextortion, phishing and more. Using simple tools and techniques will help us go from being the weakest link in cyber security - into being the strongest link. After every TED talk, the class discusses the video and explores the topic. This program will be held on Wednesday, August 24 at 10:00 a.m. in the Berkshire Room.

SUMMER CONCERT SERIES – 13th CONCERT

Join us in the Cultural Center as we welcome Benjamin Reber, a local musician, on Wednesday, August 24 from 11:00 p.m. to 12:00 p.m. for the 13th concert of the series. Due to a generous sponsorship from Fulton Bank, The Highlands will be hosting a Summer Concert Series to showcase a variety of musical talent every Wednesday.

Fulton Bank



CAREGIVER CONNECT GROUP

The small caregiver connect group will meet on Wednesday, August 24 at 3:00 p.m. in the Berkshire Room. Our purpose is to bring together residents who are active or potential dementia caregivers for spouses or other residents. To form connections, share our experiences, and gain knowledge during a friendly and confidential hour – and beyond. Sound like something you might need and be missing in the way of support on what can be a lonely and stressful journey – join us. Questions can be directed to residents

WII BOWLING TUTORIALS

Do you love to bowl? Do you hate wearing bowling shoes? Then we have the perfect solution for you. Join Ashleigh Daniels, Fitness Center Coordinator, in the Fitness Center Lobby on Wednesday, August 24 at 3:00 p.m. for tutorials on how to use the Wii system and play Wii Bowling. All are welcome to attend, no prior bowling experience needed.

THERAPY LECTURE

Join Michael Allebach, Therapy Director, in the Berkshire Room on Thursday, August 25 at 10:00 a.m. for an informative lecture about therapy benefits and common conditions that senior adults experience.

BALANCE CLINIC

As part of the “Staying Upright” series, the Therapy Department will be hosting a balance clinic in the Berkshire Room on Thursday, August 25 from 1:00 p.m. to 4:00 p.m.. Residents can register at the Concierge Desk for a 20-minute balance testing designed to identify any areas of opportunity to improve balance and stability. There are 18 spots available.

THE “DIRTY THIRTIES”

After celebrating the Roaring Twenties, we will now visit the “Dirty Thirties” looking at the Wall Street crash to the outbreak of World War II. If ever a decade needed songs to lift its spirits, that decade was the Thirties. we will visit the music & events of the 1930s. Join us on Thursday, August 25 at 7:00 p.m. in the Cultural Center.

DISCOVER FRIDAY – MACHU PICCHU

The next documentary in the series will be on Friday, August 26 at 2:00 p.m. in the Berkshire Room and will feature “The Lost City of Machu Picchu”. A look at high in the Peruvian Andes lies the ancient city of Machu Picchu, a lost city of doorways and passages that hint at the ghosts of the past. Run Time: 45 minutes.

WEEK AT A GLANCE

SATURDAY, AUGUST 20, 2022

1:00pm – Phillies vs Mets in CCB
6:30pm – Pinochle in the BR
7:00pm – *Outrageous Fortune* in CCA

SUNDAY, AUGUST 21, 2022

11:00am – Line Dancing in the FS
1:30pm – Phillies vs Mets in CCB
7:00pm – *Outrageous Fortune* in CCA

MONDAY, AUGUST 22, 2022

8:45am – Supervised Gym in the FC
9:00am – Yoga Flow in the FS
10:00am – Drum n’ Fun in the FS
10:00am – Weis in the TD
11:00am – Supervised Lap Swim in the FCP
1:00pm – Aqua Fun & Fitness in the FCP
2:00pm – Brain Fitness in the CC
2:00pm – Water Walking in the FCP
4:00pm – Hal Aaron Performance in the ML
7:00pm – *Outrageous Fortune* in CCA
7:00pm – Card Party in the BR

TUESDAY, AUGUST 23, 2022

9:00am – Bone Builders in the FS
10:00am – Tech Topic in the BR
10:00am – Supervised Gym in the FC
10:00am – Aqua Zumba in the FCP
10:00am – Pilates in the FS
11:00am – Supervised Swim in the FCP
11:15am – Stand n’ Drum in the FS
1:00pm – Cornhole in the FS
1:30pm – Blood Pressure Clinic in the RC
1:30pm – Fulton Bank, Wine & Spirits, CVS in the TD
7:00pm – Classic Movie in the CC

WEDNESDAY, AUGUST 24, 2022

9:00am – Arthritis Ability in the FS
10:00am – TED Talk Discussion in the BR
10:00am – Supervised Gym in the FCG
10:00am – Yoga Flow in the FS
11:00am – Summer Concert Series in the CC
1:30pm – Lancaster Ave Shopping in the TD
2:00pm – Chapel Service in the CC
3:00pm – Caregiver Connect Group in the BR
3:15pm – Wii Bowling Tutorial in the FCL
7:00pm – Phillies vs Reds in the CC

THURSDAY, AUGUST 25, 2022

9:00am – Drum n’ Fun in the FS
10:00am – Supervised Gym in the FC
10:00am – Therapy Lecture in the BR
10:00am – Zumba Gold in the FS
10:00am – Helping Hands Knitting Group in the PR
10:00am – Transportation Loop Begins in the TD
11:15am – Walking Club in the ML
1:00pm – Balance Clinic in the BR
1:00pm – Bean Bag Baseball in the FS
1:00pm – 12 Step Recovery Group in the MR
1:00pm – Open Bridge in the PR
7:00pm – The “Dirty Thirties” in the CC

FRIDAY, AUGUST 26, 2022

9:00am – Pilates in the FS
10:00am – Giant in the TD
10:15am – Aqua Fit in the FCP
11:00am – Ken Gehret and Dave Cullen in the CC
11:00am – Line Dancing in the FS
11:00am – Supervised Swim in the FCP
1:00pm – Shillington Farmers Market in the TD
2:00pm – Machu Picchu in the BR
7:00pm – Marbles in the BR

SATURDAY, AUGUST 27, 2022

6:00pm – Phillies vs Pirates in CCB
6:30pm – Pinochle in the BR
7:00pm – *The Pursuit of Happiness* in CCA

ABBREVIATION KEY

*	Pre-Registration	FS	Fitness Studio
BR	Berkshire Room	HTN	Channel 2
CC	Cultural Center	ML	Main Lounge
CCA	Cultural Center A	MR	Meditation Room
CCB	Cultural Center B	PR	Parlor
FCG	Fitness Center Gym	RC	Resident Clinic
FCP	Fitness Center Pool	TD	Transportation Depot

RESIDENT BIRTHDAYS